



Sue's Far Out Emmer Salad

Serves: 3 cups

Prep Time: 10m

Cook Time: 30m

Emmer one of the first grains known to man. A primitive Wheat variety that retains its outer shell. Eaten primarily in Italy it's now making its way onto American tables.

Ingredients:

½ cup plus 2 Tbsp. extra-virgin olive oil

1 small yellow onion, quartered

1 small carrot, halved

1 celery rib, halved

12 ounces Emmer/farro (1 ¾ cups)

5 cups water or vegetable stock

Kosher salt

3 Tbsp. red wine vinegar

Freshly ground pepper

¼ cup crumbled goat cheese (Make it vegan and omit the cheese)

½ small red onion, thinly sliced

1 small seedless cucumber, halved lengthwise and thinly sliced crosswise

1 pint grape tomatoes, halved

2 cups baby spinach leaves

Procedure:

In a large saucepan, heat 2 Tbsp. of the oil. Add the yellow onion, carrot and celery, cover and cook over moderately low heat until barely softened, about 5 minutes.

Add the Emmer/farro and stir to coat with oil. Add the water and bring to a boil. Cover and simmer over low heat until the Emmer/farro is barely tender, about 10 minutes; season with salt. Cover and simmer until the Emmer/farro is al dente, about 10 minutes longer. Drain the Emmer/ farro and discard the onion, carrot and celery. Let cool completely.

In a large bowl, whisk the remaining 1/3 cup of olive oil with the vinegar and season with salt and pepper. Fold in the Emmer/farro, red onion, cucumber, tomatoes, spinach and basil, season with salt and pepper and serve.

